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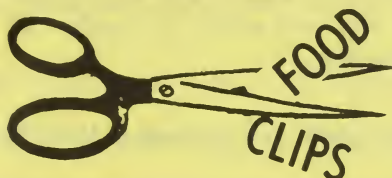
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Food and Home Notes

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Is it true that skim milk contains all the nutrients of whole milk—except the fat? Yes, the same—except the fat content.

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Is "lowfat" milk really low in fat? It usually has between 0.5 and 2 percent milkfat, depending on State regulations. "210" or 2% means just that—2 percent milkfat.

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Always keep cultured buttermilk chilled. If it is allowed to set in a warm place, it may separate. If it does, just stir it.

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Natural buttermilk is not sold in consumer packages, according to USDA home economists; it is dried and used in pancake mixes and bakery products.

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What's the difference between ice milk and ice cream? As the name implies—one is made from cream, the other from milk. However, the milkfat content is different. Ice milk is made from milk, sugar, flavorings and stabilizers. It must contain between 2 and 7 percent milkfat if it is sold in interstate commerce.

FOR RECREATION

—A New Trail

Enjoy hiking or horseback riding? There's a new 23 mile long trail called Shockaloe located in the Bienville National Forest within 50 miles of the metropolitan areas of Jackson and Meridian, Mississippi. Designated by the Forest Service of the U.S. Department of Agriculture as the second National Recreation trail, the Shockaloe is easily accessible to about one and a half million people and some 150 riding clubs.

What is a recreation trail? It may be comparatively short, must be easily accessible to large numbers of people, and must be available to the public for at least the next ten consecutive years. National scenic trails are, sometimes, hundreds of miles in length and have superior scenic, historical, natural, or cultural qualities.

The new Shockaloe Trail was originally logged in the 30's. Visitors can still see the remains of an old sawmill and follow an old logging railroad route. The trail is within the Bienville Game Management areas, so birds and mammals are plentiful, including four colonies of the endangered red-cockaded woodpecker adjacent to the route.

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—FOR THE HOME GARDENER

Blackberries with nasty little thorns? No more. Thornless blackberries — two different varieties, Smoothstem and Thornfree — have been developed by scientists at the U. S. Department of Agriculture. These blackberries are easy to handle...require little summer pruning...and are ideal for "pick-yourself" sites. These productive berries are firm and highly flavored.

So-called thornless blackberries in the past have always had a thornless character only in the outer cell layer of their canes. But—new canes originating from their roots had thorns. However, the new blackberries have canes that retain their thornless characteristics. They can even be grown along the ground in their first season, but thereafter, must be trained on trellises.

The soil should be prepared the same as for a vegetable or flower garden. A planting site with plenty of soil moisture is ideal. This condition is especially necessary while the fruit is growing and ripening. Drainage must be good, but almost any soil type (except sandy) is good. But—plants can be harmed at any season of the year if water stands around their roots!

There are still some do's and don'ts (even though it is an "easy to handle" fruit). The blackberries require little summer pruning, which is a nice feature. They are quite winter hardy.

The booklet, "Thornless Blackberries for the Home Garden", HG 207, has been prepared by the Plant Genetics and Germplasm Institute, Agricultural Research Service, USDA. It is available at all Government Printing Office Bookstores for 10 cents — or 20 cents if you write to GPO, Washington, D.C. 20402.

REACH TO TEACH

Extension Aides

—On Nutrition

In Kentucky, there is a Federal Correctional Institution where young men come to serve prison terms from six months to two and one half years for crimes such as bank robbery, car theft, and for writing bad checks.

The wives of these men are usually young (from 17 to 23 years old) and they often bring their small children to live in the low-rent housing projects located near the prison. Most of them live on welfare, getting perhaps \$148 to \$160 a month. Some get food stamps to help feed their families.

Anna Moore, an aide in Extension's Expanded Food and Nutrition Education Program, was "knocking on doors" one day trying to contact new homemakers to offer her assistance with their food problems. Anna met one of these young wives and found there was a definite need here for information on how to buy food, meal planning and preparation. A "club-type" meeting was held with a number of the young wives whose problems were similar, both with their home life, and their lack of knowledge in the food area. The group met on a regular basis for many weeks and developed a real interest in preparing better meals for their families.

Many of the women had never owned a cookbook—so they were encouraged to compile a notebook of the printed materials which the extension aide provided. The women enjoyed learning how to prepare well-balanced meals. With limited money and small children to tend, the young homemakers rarely went out and had no opportunity to exchange ideas with other wives. The homemaking training session provided a practical outlet for many of their frustrations—and a productive way to spend their empty hours.

When their husbands return, the women will be more efficient homemakers and their plans for the future will be brighter because of their contact with the Extension Education. Extension aides in 1500 locations of the U.S. work with hard-to-reach low-income families through this educational program.

CHILDREN'S FEATURE

What Do You Do On A Rainy Day?

If you're looking for an educational project and a fun-thing to do with the children on those rainy days of summer—when school is out and camp is not in, here's an idea. Based on a new Science Study Aid published by the U.S. Department of Agriculture, the following "experiment" can fill some of those empty hours with a useful way of explaining to youngsters how "agriculture works."

Making Butter and Buttermilk:

Objective: To make butter using a simple churn (jar).

Materials: Box of crackers (enough for each child to have at least one). Crushed ice and container. Cups for buttermilk. Half-and-half milk (enough for each child to have a half cupful). Plastic knives. Salt. Small glass jars (two or three children can even share a jar) with tight-fitting tops. Thermometer (Fahrenheit, immersion).

Let the milk stand until it reaches room temperature (about 70°F.). Then, pour milk into a jar (churn), put the top on securely, and shake it vigorously until clumps of butter appear. Butter should form after about 5 minutes of shaking. Let the children take turns shaking the jar. Pour off the buttermilk and set the churn in a container of ice to harden the butter by chilling it. You may wish to add salt to both butter and buttermilk. Children can sample the buttermilk while waiting for the butter to chill. Or, you may wish to chill the buttermilk, too. After the butter hardens, let the children spread it on crackers and taste it. Have the children write their buttermaking story.

COMMENTS AND INQUIRIES TO:

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